



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09307, Rhubarb, raw

Report Date: July 01, 2017 01:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	93.61	38	0.278	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	88	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein	g	0.90	34	0.034	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.76	33	0.054	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	4.54	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	1.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Minerals													
Calcium, Ca	mg	86	9	6.096	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.22	33	0.019	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	12	33	0.619	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	14	33	1.337	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	288	17	21.449	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	4	17	1.467	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.021	32	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.196	32	0.031	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	8.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.024	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	7	4	0.850	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	7	4	0.850	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	6.1	--	--	--	--	--	--	--	--	Calculated or imputed	11143	02/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.053	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.046	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.039	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.099	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.099	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Flavonoids													
Flavan-3-ols													
(+)-Catechin ³	mg	2.2	--	0	2.17	2.17	--	--	--	--	--	--	--
(-)-Epigallocatechin ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin ³	mg	0.5	--	0	0.51	0.51	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate ³	mg	0.6	--	0	0.6	0.6	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein ⁴	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ⁴	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ⁴	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ²	mg	1.7	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ²	mg	1.8	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ²	mg	3.4	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ²	mg	1.9	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ²	mg	79.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹I.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen Carotenoids in Finnish Foods: Vegetables, Fruits, and Berries, 1989 Journal of Agriculture and Food Chemistry 37 pp.655-659

²Hellström, Törrönen, A.R., and Matilla, P.H. Proanthocyanidins in common food products of plant origin, 2009 J. Agric. Food Chem. 57 pp.7899-7906

³Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. **Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods.**, 2000 J. Agric. Food Chem. 48 pp.1746-1751

⁴Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331